

UPSTREAM

UPSTREAM: Week One—The Hearts of Men and Women

CONNECT: Think about the longest journey you ever made. Was it a long-distance trip that involved a car, bus, train, or plane? Or was it more of an internal journey for you? Share more with your group!

GROW:

1. **Read 2 Corinthians 2:9 and Matthew 9:7-11.** Just like Disneyland is even better in a child's eyes than any description adults can share beforehand, God and our life—both here and forever—with Him will be even better than we can imagine.
 - How *is* life with Jesus now better than we could have imagined before we knew Him?
 - How *will* life be better than we can imagine after we die? (i.e. Talk about all you can imagine about our eternal life based on what you know from scripture.)
2. Problems begin upstream. The source “upriver” leads to issues downstream. The way these problems play out currently in our lives usually have roots in other places. How have you seen this truth play out in your own life or the lives of people around you?
3. **Read Jeremiah 17:9.** Why won't our “good ideas” permanently fix any of the real, painful issues we face in life? If we can't solve these ourselves, what's the answer?
4. Talk about these quotes from the sermon:
 - ***Spiritual problems need spiritual solutions.*** Painful things in our lives, both physical and emotional, have spiritual roots. How can you remember this on a regular basis so it can bring perspective to your struggles? What truth do you need to meditate on? What habits do you need to set in place?
 - ***Satan is God's enemy, but not God's equal.*** How does this truth impact what we believe about God and how it's expressed in our lives?
 - ***Satan has been defeated, but not destroyed.*** What does this truth have to say about the struggles, problems, trials, and challenges we face on a regular basis?
5. **Read 1 Corinthians 15:21-22.** Jon shared, ***Jesus is not “a” solution to the world's problem. Jesus is THE solution to the world's problem.*** Talk about the meaning of this scripture and Jon's quote. How does Adam's (our) problem meet Jesus' solution in our lives? How do we come to Jesus to have this sin problem resolved?
6. Talk about how this equation has worked out in your life, and how it can work in everyone's life:
 - ***Responsibility + Accountability = Maturity***

PRAY: Ask God to help you reflect on and remember the answer to these questions as you cultivate a tendency to trust God with every corner of your life: ***Where do we come from? Why are we here? What's right and what's wrong? Where are we going?***

NEXT: **Read Revelation 21:25.** Ponder this truth, one among many, about Heaven. Make a list—preferably write it down—of all the things you can call to mind about our forever dwelling place with God. Keep it in a place you can readily find it to be reminded regularly of our eternal life with Him.